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When the heart breaks open, it marks the beginning of a real love affair with this world. It is a broken-hearted love affair, rather than the conventional kind based on hope and expectation. Only in this fearless love that can respond to life's pain as well as its beauty can we be of real help to ourselves or anyone else in this difficult age. --John Welwood

Cancelled Wedding Benefits Charity

When painful circumstances forced 29-year-old Kyle Paxman to call off her wedding, she found a way of turning the heartache into an opportunity to be of service. She and her mother canceled the band, photographer and florist, but learned they would not be reimbursed for the reception and block of rooms they had reserved. So they turned her reception into a benefit for the Vermont Childrenâ€™s Aid Society and CARE USA, an international relief organization that aims to combat poverty by empowering women. Says Paxman, "I feel strong, empowered, moving on."

Be The Change:

The next time you find yourself in a painful circumstance see if you can find a way of using the experience to reach out to other people's suffering.